Milk can help prevent bone injury

Why is it that older people frequently fall and break their hips and other bones in a single fall, while younger adults' bodies are able to take greater abuse without injury?

Scientists blame the thinning and weakening of the bone structure for these mishaps. But studies now show that proper care can ensure strong bones, even as we get older.

Calcium is the basic material that keeps bones strong. The lack of this mineral can cause hip, wrist, and long leg bones in particular, to weaken.

Most frequently suggested in the scientific literature is that a sufficient amount of calcium, vitamin D, sunshine and exercise can keep bones strong, or strengthen them if they are already weak. The lack of calcium is considered the most common diet deficiency among adults, according to the National Academy of Sciences, Food and Nutrition Board.

To lower these statistics, the Board recommends 800 mgs. of calcium daily for people 25-50 years old. It also suggests drinking two glasses of milk to fulfill 75 percent of the daily need. One glass of milk contains 291 mgs. of calcium. Intake of vitamin D (also in milk) is also necessary to help the body absorb calcium. Other foods rich in calcium include cheddar, gruyere, gouda, roquefort and processed cheese; yogurt and sardines.

Osteoporosis is the disease that finally results from excessive thinning of bone structure. It affects six million Americans each year, five million of which are post-menopausal women. For those who already suffer from osteoporosis, the Lahey Clinic in Boston in part prescribes calcium, vitamin pills, two glasses of milk, plenty of vitamin C, a good diet, and an hour's rest in bed daily.

Supplying the body with extra calcium in your youth can help deter the bone thinning process, especially for women, according to "Prevention" magazine, August 1979. It suggests that although everyone starts losing bone mineral at around 40 years of age, women are most likely to lose more and to suffer more fractures from it. Reasons include less bone density with which to start, and acceleration of bone loss after menopause. This is generally attributed to the woman's loss of estrogen, explains Dr. Joseph Lane of Orthopedics in the New York Hospital. But treating this problem with increased estrogen, he continues, has been suspect ever since the drugs given to these women were linked to cancer. Dr. Lane recommends getting calcium in the diet and exercising at an early age to prevent skeletal deterioration later on.

While 99 percent of calcium intake is used for tooth and bone building, the other 1 percent plays an essential role in working with the body's nerves and muscles. According to "Nutritional Reports International", August 1973, calcium plays a cruical part in muscle contractions. The most significant muscle is the heart. Calcium was also cited in the nutritional report as preventing heart disease.

There is no doubt that calcium plays a singificant role in bone health. And the evidence points out that adequate calcium intake throughout life can help reduce the chance of disorders. Many doctors and scientists recommend milk and milk products as a good, natural source of calcium.

MRS. KELLY STRATTON prepares the Stratton Farm's milking parlor for the evening arrival of the herd. The cows, milked twice daily, crowd into the holding area in anticipation of the feed that accompanies their milking time. David Stratton is in the parlor pit preparing the milking apparatus.

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Nash farm went Grade A in 1950

Richard Nash began in the Grade A dairy farming business in 1950, after several years in the manufactured dairy business.

His farm, which has been in the Nash family for several generations, was used in the past primarily for the production of bright tobacco.

Richard, who now operates the dairy farm with his son Twyman, has a total of 130 cows, and averages milking about 74 of the animals.

The Nashes this year planted 115 acres of corn for silage, 11 acres of alfalfa, and several different types of hay.

The Nash dairy is the only Grade A operation in Appomattox which does not sell its milk to the Dairymen, Inc. co-op.

"We sell our milk to the Maryland-Virginia Co-op," notes Richard. The milk is marketed in Newport News and other Tidewater, Va. cities, as well as in Laurel, Md. and at the Westover Dairy operations in Lynchburg.

The Nash herd averages 14,000 pounds of milk per animal in yearly production.

Richard has seen many changes in dairying during his career as a farmer. He recalls for example, the difficult task that baling hay was when it was done by hand. "It took a lot of time," he notes. "But everything took more time then, and you didn't produce nearly as much milk as you can today with the modern equipment."

RICHARD NASH (left) and his son, Twyman.

History of dairy cattle in America recounted

Most people point to May 1611 as the arrival of those first cows that started the industry. A search through old history books and letters written at the time however, give strong evidence that the first cows arrived in June 1610. A report in June of 1611 indicated they were already supplying those early colonists with milk, and had been for almost a year.

Verification of these facts suffers from a lack of records, as most of the official papers of the council and listings of commodities aboard the first ships have been lost. Early writings still preserved support the June arrival. There is also good reason to believe cattle may even have arrived at some earlier date.

The first cow may have even come into the area, then known as Virginia, with the colonists at the ill-fated settlement at Roanoke Island. There is one report that ships sailing into the Chesapeake Bay in 1587 discovered "traces of cattle and a stray dark-brown mule." The cattle were never actually seen and how they managed to wander so far north, if they did, is a matter of conjecture.

At least one historian was of the opinion that cattle

(Continued on page 18)

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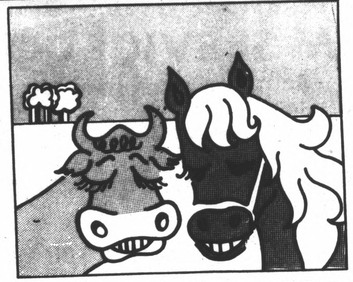

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